

TELL US WHAT YOU THINK OF BODY SENSE!

For facility displaying this newsletter,
please return this sheet to:
Center for Health Promotion,
Education and Tobacco Use Prevention
201 W. Preston Street
Baltimore, MD 21201
410-767-1362

BODY SENSE

Teen Cessation Resources

Campaign for Tobacco Free Kids
www.tobaccofreekids.org

Maryland – Smoking Stops Here
www.SmokingStopsHere.com

American Legacy Foundation
www.americanlegacy.org

Legacy's The Great Start Quit Line
1-866-66-START
www.americanlegacy.org/greatstart/html/home.html

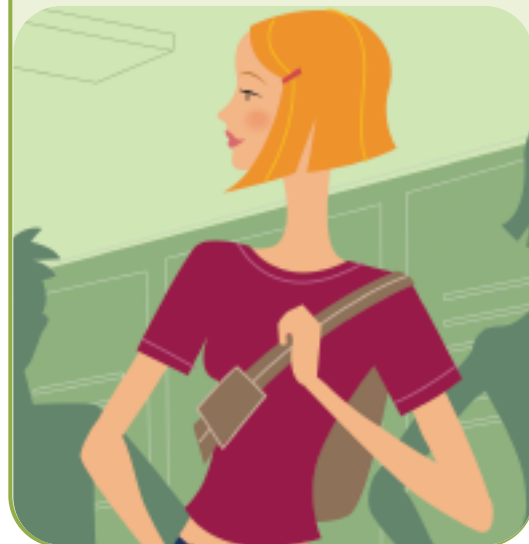
Maryland T.R.A.S.H.
www.marylandtrash.com

American Lung Association
www.lungusa.org/tobacco/
1-800-LUNG-USA

Maryland's ALA
www.marylandlung.org
1-800-445-6016

Smoke Free Families
www.smokefreefamilies.org

American Cancer Society
www.cancer.org
1-800-ACS-2345
Healthy Kid's Network
The Great American Smokeout



Smoking and Weight Control

continued from page 3

When you choose foods for meals and snacks, look at the Nutrition Facts Label on the package. Limit how much sodium and sugar you eat, and use the Food Pyramid to guide your daily food choices. By combining good eating habits with physical activity, you decrease the odds of gaining weight when you quit smoking.



How to Tame SNAcK ATtACKs . . .

The 'Hot' and 'Not' Lists

Hot	Not
Pretzels	Potato chips
Kid-size hamburger & salad	Fast-food cheeseburger and fries
Frozen yogurt	Double scoop of ice cream with nuts and sprinkles
Graham crackers	Donuts
Fresh fruit, licorice or hard candy	Chocolate candy bar
Soft pretzel with honey mustard	French fries at the mall
Low-fat toaster waffle with fresh fruit	Toaster pastries
Water or fruit juice mixed with sparkling water	Soda



Robert L. Ehrlich, Jr., Governor
Michael S. Steele, Lt. Governor
S. Anthony McCann, Secretary
Summer 2005

"The services and facilities of the Maryland Department of Health and Mental Hygiene (DHMH) are operated on a non-discriminatory basis. This policy prohibits discrimination on the basis of race, color, sex, or national origin and applies to the provisions of employment and granting of advantages, privileges and accommodations."

"The Department, in compliance with the Americans with Disabilities Act, ensures that qualified individuals with disabilities are given an opportunity to participate in and benefit from DHMH services, programs, benefits and employment opportunities."

BODY SENSE

premier
issue

Straight talk about
teens, tobacco and
secondhand smoke



How Smoking

Affects Your Looks

Want to look old before your time? If so, smoking is the way to go. Research shows that next to sun exposure, nothing ages your appearance like smoking. The aging effects of smoking begin as soon as you pick up the habit—even if you're only in your teens. As the number of years you smoke add up, so do the harmful effects on your skin.

continued on page 2

How Smoking
affects your
LOOKS page 1

Smoking and
weight control page 1



FOUR easy steps
to quitting
Smoking page 2

THIS PUBLICATION IS BROUGHT
TO YOU BY:
MARYLAND DEPARTMENT OF
HEALTH AND MENTAL HYGIENE

SMOKING AND WEIGHT CONTROL

Some young women who smoke say they do it to keep their weight down. The problem is that smoking is much worse for your health than gaining a few pounds. It's true that some smokers do gain a little weight after they quit. But you don't have to be one of them! A few simple changes in your lifestyle and eating habits can

keep the scales right where they are. In fact, some smokers actually lose weight when they quit.

Did you know most people who gain weight when they quit smoking gain five pounds or less? That's hardly enough weight to justify such an unhealthy habit. Plus, you are more likely to gain weight when you quit if you have smoked for more than 10 years, or if you smoke more than a pack per day. **So the message is clear—it's better to quit while you're young.**

continued on page 3

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How Smoking Affects Your Looks

continued from page 1

Tobacco smoking affects skin in two ways. As soon as smoke enters your body, blood vessels in the face constrict, reducing the amount of blood flow to the skin. That means less oxygen and essential nutrients get to your skin cells, causing a pale, grayish complexion. Who wants that? And, studies show that smoking damages collagen and elastin, proteins that keep skin smooth and soft. That's why women who have smoked for many years have leathery-looking skin.

Secondhand smoke is another skin enemy. It's full of chemicals that have a drying effect on the skin's surface. The result is a dull, flaky, blotchy-looking face. Wrinkles around the eyes (often called 'crow's feet') are caused by squinting to keep irritating smoke out of the eyes. Female smokers also tend to get deep wrinkles around the mouth from the puckering motion they use to puff on a cigarette.

Aside from aging your skin, smoking does other things to make you unattractive. Let's face it—smokers smell like cigarettes. That foul, stale odor is always on your clothes and in your hair. Colognes and hair products can't cover it up. Smoking also causes bad breath, and the tars in cigarettes make your teeth yellow. And that's not all—the yellowing effect of cigarettes can even discolor the fingers and nails on the hand you use to hold cigarettes.

So if you've ever thought that smoking makes you look sophisticated and older, you're only half right. Smoking does make you look older—but not in a good way. If you want to take care of your skin and take care of your looks, quit the cigarettes... **ASAP.**

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Who wants that?

Smoking and Weight Control

continued from page 1

To keep the pounds from creeping up on you, you need to be more physically active and improve your eating habits before you kick the habit. Physical activity helps to control your weight by increasing your body's metabolism. You should aim for at least 30 minutes of activity per day, most days of the week. If you're already getting that much, you may need to add a few more minutes to your routine to help ward off extra weight.

Even if you're busy, you can find time to fit physical activity into your day. Spend less time watching TV, playing video games or sitting in front of the computer. These pastimes burn very few calories and won't make you fit. Choose activities you enjoy, like walking to the store, biking to a friend's house or dancing (even to MTV)! Switch activities from time to time to keep your workouts interesting. You'll be more likely to stick to it.

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Healthy eating habits help control your weight by limiting the amount of calories and fats you eat. Some ex-smokers gain weight because they trade smoking for snacking. Keep this from happening to you by replacing any bad eating habits with healthy ones.

continued on page 4

Make some new habits for better health

Eat plenty of whole grain products (like bread and pasta), vegetables and fruits
Choose lean meats, fish and poultry

Choose low-fat dairy products like milk, cheese and yogurt

Eat only when you feel hungry not when you are bored or stressed

Drink six to eight glasses of water a day

Keep gum or mints handy when your mouth needs to be busy



Steps to Quitting—You Really Can Do It!

1. Set a Quit Date.

- ✓ Pick a special date, like your birthday, or your best friend's/boyfriend's birthday, etc.
- ✓ Put the date on the calendar.
- ✓ Put reminder notes on refrigerator and mirrors.
- ✓ Tell your friends, family and co-workers: "I am going to stop smoking." Tell them your Quit Date and why it's important to you to give up smoking.

2. Choose a way to quit.

➡ Cutting down

Start cutting down two weeks before your quit date. Each day, smoke one or two fewer cigarettes than the previous day. When you feel the urge to smoke, try waiting 15 minutes before lighting up. Make sure you are down to just one cigarette on the day before your Quit Date.

➡ "Cold Turkey"

With this method, you give up cigarettes all at once. This way is tough at first, but most successful quitters go cold turkey. The craving for cigarettes will go away faster using this method

than by cutting down. Talk to your healthcare provider about nicotine gum or patches to help reduce your cravings.

3. Get Ready to Quit.

➡ Think about when and why you smoke (boredom, loneliness, etc.) For example:

- ✓ smoke when I first wake up
- ✓ smoke when I am out with friends who smoke
- ✓ smoke when people get on my nerves
- ✓ smoke after meals
- ✓ smoke when I take a break and try to relax

➡ Start a smoking diary to record times when you smoke. This will make it easier to learn your smoking habits and find other things to do when you want to smoke. For example, if you reach for a cigarette as soon as you wake up in the morning, brush your teeth or have a glass of orange juice instead. If you smoke after meals, create a new habit—have a mint or chew a piece of gum.



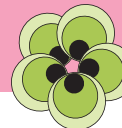
4. Get Support.

- ✓ Pick a Stop Smoking Buddy (a friend, family member or coach).
- ✓ Tell him/her their support would really help you quit.
- ✓ Ask him/her to help you stay away from places and people that will make you smoke. Spend leisure time in places where you can't smoke, like movie theaters or malls.
- ✓ Ask him/her to call you and check on how you're doing.
- ✓ Ask friends/family to not smoke around you.
- ✓ Talk to a healthcare provider about your plan to quit.

On the day before you quit:

- ✓ Throw away all your cigarettes, ashtrays, matches and lighters.
- ✓ Replace them with flowers, pictures of friends and family, etc.
- ✓ Make plans to do something you really want to do on your Quit Day.
- ✓ Stock up on water, fruit juice, healthy snacks, hard candy and sugarless gum.
- ✓ Remind your friends and family that tomorrow is your Quit Day.

BODY SENSE



HOW DID WE DO? Tell us what you think of this newsletter and we'll give you a **free gift**. Just fill out the survey below and return it to the nurse when you are finished.

My age is: _____

My race/ethnicity is:

☐ White ☐ African American

☐ Hispanic ☐ Asian

☐ Other (please list) _____

What did you think of the topics covered in this newsletter? (Please check one)

- ☐ Very boring ☐ Somewhat boring
☐ Not sure ☐ Somewhat interesting
☐ Very interesting

I read these parts of the newsletter: (Please check all that apply)

- ☐ How Smoking Affects Your Skin
☐ Smoking and Weight Loss
☐ Steps to Quitting—You Really Can Do It!

Which part of the newsletter did you like the best? (Please check one)

- ☐ How Smoking Affects Your Looks
☐ Smoking and Weight Control
☐ Steps to Quitting—You Really Can Do It!

Was there any part of the newsletter you didn't like? (Please check one)

- ☐ Nothing I didn't like ☐ How Smoking Affects Your Looks
☐ Smoking and Weight Control
☐ Steps to Quitting—You Really Can Do It!

I have been smoking for:

- ☐ Less than one year ☐ 1 to 3 years
☐ More than 3 years ☐ do not smoke

I smoke:

- ☐ Less than 5 cigarettes per week
☐ 1 to 5 cigarettes per day
☐ 5 to 10 cigarettes per day
☐ More than 10 cigarettes per day

Please check all of the following statements that apply to you as a result of reading the "Body Sense" newsletter.

- ☐ I learned new things about the effects of smoking.
☐ I am thinking more about how smoking affects my body and my health.
☐ I know where I could get help if I wanted to quit smoking.
☐ I might start to think about quitting smoking.
☐ I would like to learn more about how smoking affects my body and my health.
☐ I did not learn anything new about the effects of smoking.